



Nutritional Guide

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT(g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
SANDWICHES											
Classic Italian Sub	530	270	30	11	0	65	1600	40	2	5	28
Turkey & Swiss Ciabatta	640	320	36	9	0	70	1400	50	3	3	29
Buffalo Chicken Wrap	610	340	37	9	1	85	1600	37	2	4	30
Chicken Salad Sandwich	410	200	25	4.5	0	50	560	28	4	5	21
Tuna Salad Sandwich	450	250	28	4.5	0	45	730	27	4	5	24
Ham & Provolone Sandwich	340	120	14	7	0	60	1470	29	4	7	28
Egg Salad Sandwich	390	230	25	5	0	255	580	28	5	6	16
Fresh Mozzarella Petite Ciabatta	250	90	10	4	0	20	470	30	1	1	11
Middle Eastern Wrap	660	290	32	7	0	25	1320	76	9	10	19
Turkey & Cranberry Ciabatta	370	45	5	0.5	0	30	1280	61	3	15	21
SALADS											
Classic Chef Salad	230	120	13	7	0	130	730	9	3	5	22
Grilled Chicken Cobb Salad	370	220	24	8	0	250	620	11	5	4	29
Chicken Caesar Salad	370	140	16	5	0	75	600	26	3	4	33
Creamy Coleslaw	170	130	14	2	0	5	220	12	2	9	1
Garden Salad	25	0	0	0	0	0	100	6	2	3	2
Cranberry-Orange Salad	200	70	8	1	0	0	1470	33	5	22	5
Fruit & Nut Salad	460	220	25	7	0	25	595	52	8	37	15
Potato Salad	160	80	9	1.5	0	< 5mg	400	20	1	3	1
Macaroni Salad	250	140	16	2.5	0	5	560	25	1	4	4
Caesar Salad	100	30	3.5	1	0	5	210	12	2	2	4
GELATINS AND PUDDINGS											
Orange Jell-O (R)	70	0	0	0	0	0	210	17	0	17	1
Strawberry Jell-O (R)	70	0	0	0	0	0	100	17	0	17	1
Chocolate Pudding	200	80	9	1.5	4	0	395	28	0	22	2
Vanilla Pudding	190	80	9	1.5	3	0	180	26	0	19	2
Rice Pudding	160	70	8	5	0	40	210	21	0	15	2
YOGURTS											
Strawberry Yogurt Parfait	270	25	2.5	1	0	5	150	57	3	34	8
Apple Pie Yogurt Parfait	360	40	4.5	1.5	0	5	170	77	3	53	8

Additional nutrition information available upon request. 2000 calories a day is used for general advice, but calorie needs vary.